

Shatter the Silence

SUICIDE
THE SECRET
YOU SHOULDN'T
KEEP

**If your friend tells you
they are having thoughts
of suicide...**

WHAT TO DO:

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

WHAT NOT TO DO:

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

**TALKING THROUGH FEELINGS WITH YOUR
FRIENDS AND TRUSTED ADULTS CAN HELP
YOU REALIZE THE NEED FOR HELP.
BY SHOWING CONCERN AND SUPPORT,
YOU CAN ENCOURAGE YOUR FRIEND TO TALK
TO THEIR PARENTS OR ANOTHER TRUSTED
ADULT ABOUT GETTING HELP.**

WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call 911
- Visit www.dmh.ms.gov
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Call the Department of Mental Health at 1.877.210.8513

